

**METHOD OF PREPARING A FOOD INGREDIENT AND FOOD PRODUCT  
HAVING ANGIOTENSIN-I-CONVERTING ENZYME INHIBITING  
PROPERTIES AND PRODUCTS THUS OBTAINED**

**ABSTRACT OF THE DISCLOSURE**

The invention relates to a method of preparing a food ingredient conferring angiotensin-I-converting enzyme inhibiting properties to the food product comprising the ingredient, which method comprises providing a preparation of one or more protein hydrolysates having angiotensin-I-converting enzyme inhibiting properties, optionally together with one or more other constituents; adding one or more microorganism species to the preparation thus provided; and fermenting the preparation. The ingredient thus obtained has ACE-inhibiting properties and is no longer bitter tasting. The de-bittering can also take place directly in the food product for which the ingredient is intended.